

Pancake Day Challenge



Batterman... the superhero lemon here to save Pancake Day!

We know that you won't get bored of making pancakes but just in case, Batterman is here to save the day. Get ready to flip Pancake Day on it's head!

For even more programme ideas check out our 'Pancake Day' board over on www.Pinterest.com/PawprintFamily

#AdventureForAll
www.PawprintFamily.com

Meet the FAMILY

Hi there! We're Charlotte & Jamie, the husband and wife team behind the Pawprint Family and we believe in #AdventureForAll.

It's our mission to help leaders, teachers and parents save time by providing ideas and opportunities to help them deliver everyday adventure and skills for life. We do this through our family of brands; find out more below and head to the website for your next adventure!



PAWPRINT BADGES

Pawprint Badges provides thousands of free activity ideas and resources to help leaders, teachers and parents deliver fun and adventure.

Every activity helps you share skills for life and is linked to one of our pawesome embroidered badges. Build your collection and celebrate adventures, new skills and knowledge gained.

PAWPRINT TRAILS

Pawprint Trails are treasure-hunt style walks around locations in the UK. Solve puzzles, track down the answers and explore everything our great country has to offer.

From historical sights to popular culture discover something new or rediscover a love for where you live then collect the badge to remember your adventures!

Whether you're looking for the perfect addition to your next family holiday or a few hours of fun with friends; each trail can be completed in a few hours or extended with our activity suggestions in to a weekend or a week's worth of fun!

PAWPRINT TALES

Pawprint Tales are fully illustrated stories that can be enjoyed by the whole family. Join Alfie (our fox-red Labrador) on his adventures around the UK – solving puzzles, turning detective and making new friends. With twists and turns, every tale is an opportunity to discover new places, people and history without needing to leave the comfort of your own home.

Enjoy Pawprint Tales alongside your Pawprint Trails or as a standalone adventure!

PAWPRINT TRUST

Every brand in the Pawprint Family supports the Pawprint Trust with a percentage of profits from every sale providing grants to young people. We're passionate about enabling young people to access life changing adventures.

Share your adventures and join us over on our social channels for even more adventures and a nosy behind the scenes at Pawprint HQ!



@pawprintfamily



@pawprint_family

PAWPRINT BADGES

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www.pawprintfamily.com/terms-conditions



Craft

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- ✿ Make a mini stove from a clean baked bean tin.
- ✿ Mardi Gras (Fat Tuesday) culminates on Pancake Day, make yourself a carnival mask.
- ✿ Traditional Mardi Gras colours are; purple for justice, green for faith and gold for power. Make a carnival outfit using these colours or use colours of your own and look at what they symbolise.

For Leaders...

This is a great excuse to use up old bits and bobs leftover from crafts. Younger groups may wish to decorate a pre-existing t-shirt or cape using glue and felt shapes while older groups may enjoy a recycled challenge or learning to use a sewing machine.

- ✿ Make your own corn dolly from straw. If you can't source straw paper craft straws work well too!

Why?





In Russia and Ukraine they celebrate Pancake Day with the Malenitsa Festival and the mascot, a feminine figure made from straw, which symbolises Winter, is burnt at the end of the celebrations.

- ✿ Make your own recycled tambourines for carnival procession.
- ✿ Get creative in your pancake pan and create pancake art using coloured batters or try writing your name. You could even have a competition to see who is the most creative!
- ✿ Pancake Day traditionally is about Christians using up all their rich foods such as milk, eggs and sugar before the Lenten fast. Try your hand at milk craft and turn milk into butter!
- ✿ Make or decorate an apron for in the kitchen.
- ✿ Use your imagination and create your own superhero alter-ego like Batter Man, make yourself a superhero mask and cape and decide what your superpowers would be.
- ✿ Decorate a float or create a stall for a local carnival. You could use it as a fund-raiser?!
- ✿ Create a wooden spoon character and use it as a puppet to tell a story.






Food

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-  Cook pancakes on a baked bean tin stove.
-  Try making different pancakes from around the world. Do they taste different? What makes them different?
-  Bake 'Semla' a traditional Swedish sweet roll eaten on Shrove Tuesday.
-  Make something that isn't pancakes using milk, eggs and sugar.





Why?

Shrove Tuesday is the last day before the Lent fast and is traditionally marked by people feasting on left-over rich foods. Pancakes are commonly eaten, since foods such as butter, eggs and fat are discouraged from being eaten during the Lenten season.

-  Each year in the UK we use 52 million eggs on Pancake Day alone, that's 22 million more than on any other day. Make an egg based dish.
-  Avocado and kale, sour cream and caviar, these are some of the weird topping combinations that have been reported on pancakes. Invent your own toppings and host a taste test to vote for the best.
-  Make your own pea soup.

Why?

In Finland, Laskiainen (Shrove Tuesday) is celebrated by eating green pea soup and a pastry called laskiaispulla (sweet bread filled with whipped cream and jam or almond paste, same as the Swedish Semla).

-  The oldest pancake recipe comes from a 15th Century English cook book. Find some old family recipes and try making some of them for others to try.
-  In Iceland, Pancake Day is known as Sprengidagur (Bursting Day) and is marked by eating salted meat and peas. Try curing/salting your own meat or visit a butchers to find out how it is done.
-  Make your own Malasada, Portuguese doughnuts, that are traditionally eaten on "Fat Tuesday" and date back to the days of sugarcane plantations of the 19th Century.
-  Discover where the thinnest pancakes and the thickest pancakes come from, can you locate the countries on a map? Have a go at making them, how do the recipes compare? What makes the pancakes thick/thin?



Games

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- Hold your own pancake races such as the famous one in Olney, Buckinghamshire.
- Have a competition to see who can flip their pancake the highest.
- The world record for the most number of pancake tosses in 1 minute is held by Australian Brad Jolly who notched up 140 flips in 60 seconds...see how you compare.
- Have your own 'Battle of the Oranges'.

What?

Held in Ivrea, Italy and dating back to Medieval times, the Battle of the Oranges is part of their Mardi Gras traditions. The battle includes the throwing of oranges between organized groups and is the largest food fight in Italy. Turn this idea into a game of dodgeball.

- Have a go at pole climbing. During the Maslenista Festival in Russia, presents are tied to the top of a pole and people compete to try and reach the top. Remember: safety first.
- Play a confessions game.

Why/How?

'Shrove Tuesday' comes from the word shrive, meaning 'absolve' (forgiveness of sins). Either; write down something you have done wrong then try and guess who did what OR play 2 truths and a lie. Write down 3 facts, 2 true and 1 false then everyone tries to guess which one is the lie.

- In Finland eating pea soup is traditional on Shrove Tuesday. Play the 'Princess and the Pea' game. With a selection of cushions on chairs and a green golf ball (pea), one person (the Princess) must leave the room while the group hide the golf ball under one of the cushions. Upon entering the room again and testing the seats the Princess must guess correctly which one hides the 'pea'.
- Hold a pancake eating race or a food eating competition, 'pączki' or 'faworki' traditional in Poland on 'Fat Thursday'. Fat Thursday falls the week before Pancake Day and is celebrated by feasts and eating.
- Discover some other flipping-mad pancake World Records and have a go at breaking one yourself.



Other

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- Take part in a local carnival or Mardi Gras celebration.
- Give something up for Lent...this doesn't have to be a food, it could be a behaviour or a habit like buying sweets from the shop on the way home from school.
- Start something positive for lent like saving money or giving someone a compliment every day.
- Samba dancing is famous at Brazil's carnivals. Have a go at learning to Samba dance/drum.
- What are you thankful for? Discuss with your family/group. Why not make a display so others can see.

Why?

Mardi Gras is the celebration of life before Ash Wednesday. Celebrate everything in your life and what you are thankful for. It could be something as small as a smile or as big as a friendship. Whatever it is, there's no wrong answer...it's personal to you!

- Pancake Day is about using up all the left-over foods before the fast of Lent. Have a spring clean at your meeting place or at home and get rid of all those unwanted or unused items. Maybe you could donate them or sell them as a fund-raiser?
- Host a swap shop night and swap unwanted toys/games/clothes as part of your spring clean!
- Thinking of how many eggs we use on Pancake Day, spare a thought for the hens and raise some money for the British Hens Welfare Trust or buy a chicken for someone less fortunate via sendacow.org.
- The amount of milk used on Pancake Day could fill 93 Olympic sized swimming pools...that's a LOT of milk! Have a go at milking a cow.
- Find out where lemons (one of the most popular pancake toppings) come from and have a go at growing or nurturing your own lemon tree.
- Undertake a survey and find out what are the most popular pancake toppings in your family/group. Present your findings in a fun way...could you make a bar chart from stacks of mini pancakes?
- Find out some fun Pancake Day facts and share with your group.

Adventure Complete?

Reward your young adventurers with their Pancake Day Challenge badge to mark their achievements! Head to the website to bag yours, download certificates and discover even more adventures!



Create a Keepsake!

Experienced adventure? Made memories? Then it's time to create a keepsake! Our Pawprint Family camp blankets are the perfect place to sew your badges and look back on them for years to come.



Personalise it!

Got your camp blanket? Then it's time to make it yours! Our alphabet badges are big, bright and bold...the perfect addition to your camp blanket, hoodies, bags and more. What will you personalise first?



Even More Rewards!

We're all about added value here at Pawprint Family. In addition to the 1000s of free activity ideas and resources you'll find loyalty stickers in every order and you can claim Children's University learning hours too!



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